



THE FLYER

Salisbury University's student voice

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FREE

Researcher explores impact of Native American's on D.C.

BY SHANNON WILEY
Staff Writer

Researcher C. Joseph Genetin-Pilawa's lecture entitled "The Indians' Capital City: Native Histories of Washington, D.C.," was the first in Salisbury University's Bellavance Honors Program's lecture series. During the lecture students, teachers and community members had the opportunity to hear about the indigenous communities of Washington D.C. and how they shaped and sculpted the nation's capital as citizens know it today.

zens know it today.

Genetin-Pilawa aimed to "encourage students to think about the rich history of the place that they are from, and to think about the local history (of Washington, D.C.) rather than the national."

He also wanted to show Native Americans in an urban setting, a view many don't see when they think about indigenous people.

Genetin-Pilawa opened by acknowledging the local native communities and commending the University for naming the residence halls as a

reflection of them.

Also discussed were some of the most influential Indians of the area, their accomplishments and how they joined and succeeded in a conventionally European society. Most notable among these was Ely S. Parker, a Seneca Indian who fought in the Civil War and wrote the terms for the final Confederate Surrender. Parker went on to study law and became the head of the Federal Commission of Indian Affairs. Also notable was Leta Myers Smart, an Indian activist.

Almost 100 years later during the Cold War, Leta Myers Smart made campaigns to take away the oppressive statues that lined the capital. She studied the monuments, and interpreted much of their meaning to be deprecating and insulting to the indigenous people. She also speculated that these statues made America look bad as a whole, keeping up symbols of the harshness and cruelty early Americans inflicted unto their co-inhabitants.

See NATIVE on Pg 2

25th annual Sea Gull Century



BY JORDAN PELAVIN
Staff Writer

This past weekend the Salisbury University campus welcomed more than 7,000 cyclists and their supporters for the 25th annual Sea Gull Century bike ride.

The ride, which officially began between 7 and 9 a.m. on Saturday, took cyclists all throughout the Eastern Shore, starting and ending on Salisbury's campus. There are three course options that riders can choose from: The Assateague Century (which is 100 miles), The Snow Hill Century (which is 100 miles) or The Princess Anne Metric Ride (which is 62 miles).

Riders come from all over the country to participate; some even from other countries, and span a wide range of ages- from 7 to 88. Many riders return year after year to participate, praising the races' organization and the friendly attitude of the volunteers working the event.

Sea Gull Century raises money to support local and national non-profits, including Salisbury University. Last year Sea Gull Century sponsored 11 scholarships and 13 faculty grants at SU. The ride also helps support Habitat for Humanity, local elementary schools, Big Brother Big Sister and many other causes. Last year donations totaled around \$150,000.

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Jordan Pelavin photos

(Top and Bottom) Riders from across the country participate in the 25th Sea Gull Century, one of the biggest events held on campus.

Gubernatorial candidate campaigns at SU

BY JUSTIN MCCLURE
Staff Writer

Attorney general and gubernatorial candidate Doug Gansler spoke to students of Salisbury University last Monday concerning the state's education, economy and safety programs.

Gansler is running against Lt. Gov. Anthony G. Brown and Del. Heather R. Mizeur for Maryland's Democratic bid.

Backed by the support of students, community members and local politicians, Gansler said he is ready to be governor of Maryland and his first objective is to improve educational systems across the state.

"We have the No. 1 school system in the country, but the second worst achievement gap," he said. "It is imperative that we improve this."

According to the U.S. Department of Education, the achievement gap is the difference in academic performance between different ethnic groups.

Gansler continued to build upon this idea of greater education by introducing his ideas if he were to be elected governor, among those the idea of extending the Pre-K school day from a half to a whole day. This encourages cognitive thinking skills to increase while giving children a greater time to learn.

The effects of this would be felt from the ground up he said, declaring that his next step in education improvements would be to give high school students more career-oriented opportunities.

"Apprenticeship is what built this country, if we give our children these opportunities in high school they will be better prepared when they go to college and go to apply for careers" Gansler said.

He emphasized the importance of learning and how it transcends to the career field and economic well-being of the state. In recent years, Maryland has lost many jobs to neighboring states, while the state's tax structure has also shown difficulties in retaining job opportunities.

Gansler explained part of his approach to combat the unstable economy is to raise the minimum wage in the state, and bring in more life science careers to benefit environmental concerns. Another issue Gansler wishes to improve is public safety, he wants to implement more officials to keep Maryland's streets safe.

"Our state is ranked No. 10 in violence and No. 4 in homicide cases, this is unsatisfactory, as governor I

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WHAT'S INSIDE

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Men's Rugby wins home opener

The Salisbury Sharks dominated Johns Hopkins in the first home game of the season

SPORTS, PG. 9



House versus Senate: through the perilous fight

BY ASHLEY CHAFIN
Staff Writer

"They actually did it. A group of Republicans in the House just forced a government shutdown over Obama's Twitter account read shortly after midnight on last Tuesday.

What's actually happening: Congress passes budget bills that fund the government every fiscal year (12 months, running from October 1 of one year through September 30 of the next year). This year, House Republicans refused to agree to a spending plan because the original bill funds (in part) the Affordable Care Act, which is also known as "Obamacare." The government "shut down" as a result; all operations came to a screeching halt because government services and agencies are unable to function without the money. As of right now, almost 1.5 million active military personnel remain on duty, but are working without pay. Air traffic controllers are in the same boat. Around 800,000 civilian Department of Defense workers are immediately affected by or

threatened by furlough and those numbers grow when all other federal employees are

"They actually did it. A group of Republicans in the House just forced a government shutdown over Obama's Twitter account read shortly after midnight on last Tuesday.

- President Barack Obama's Twitter

factored into the mix.

Why you should care: The Huffington Post reported that the United States Department of Education's Office for Civil Rights has stopped its current and upcoming investigations of sexual violence cases. All federal funding for state-funded university research has been halted. No gun permits, passport requests, or federal loans are being granted. Academic research databases run by the Smithsonian Institute, the Library of Congress, and the National Archive are not up

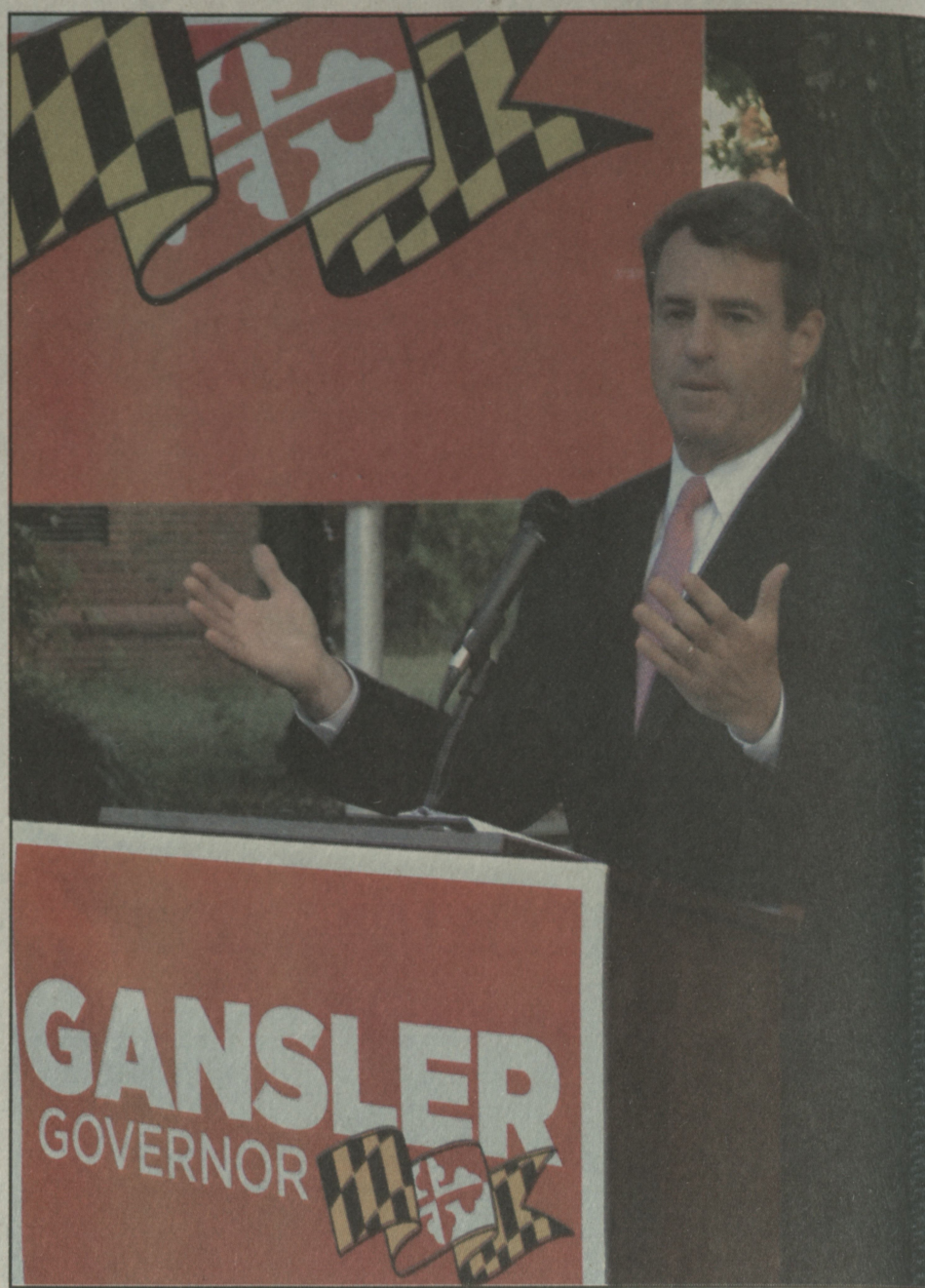
to date. Some parts of the Food and Drug Administration are closing, so food safety will not be a priority until there is funding. Student veterans' resources are limited.

What's next? Senate Democrats have affirmed that any plan proposed that alters funding to the Affordable Care Act will be thrown out, but the Republican-dominated House insists on doing just that. From now until the moment both the House and the Senate agree upon a spending bill, the government will remain inoperable. In addition, the latest reports reveal that the United States is about to hit its \$16.7 trillion debt ceiling. Around October 18, the consequences will unfold on President Obama asking Congress to raise it.

This government shutdown is a very costly act by Congress. At \$12.5 million per hour, the government is risking national security, the United States' economic well-being; the tourism industry may fall, and wellness programs and small businesses will suffer if this continues. Despite this, there is a small bright side: Your mail is still being delivered.

CAMPAIGN

Continued from PAGE 1



Shannon Watts photo

Democratic candidate for Governor, Doug Gansler, gives a campaign speech in Red Square.

will not stand for this," Gansler declared. Another aspect of his safe practices is attacking an often disregarded problem—cyberbullying. Advocating for children safety, Gansler has worked with Facebook and MySpace to remove thousands of sex offenders from these sites.

Bob Wheelock, Communications Director of the campaign summed up Gansler's personal attributes in one word. "If I had to say one thing about Doug, I'd say he's compassionate," Wheelock said. "He is so involved and invested in what he does from his political and public works to his involvement in youth lacrosse around Baltimore City, he's genuinely compassionate."

As Gansler closed his

"Our state is ranked No. 10 in violence and No. 4 in homicide cases, this is unsatisfactory, as governor I will not stand for this."

- Doug Gansler

speech he commended college students who came out to become politically involved in such a pivotal moment of their lives. A huddle encircled Gansler once his speech ended as students presented their congratulations, handshakes and questions. Freshman Richard Alford

shared the personal qualities a revered political figure must uphold. "I would like (a political leader) that would seek to benefit the community in new and unique ways," he said. "As far as what I'd like to see addressed in the political arena is a decrease of funds taken by the government from small businesses."

When asked what he would like a new governor to attend to, Sophomore Michael Pitts touched upon Maryland's rural community. "Rural areas need to become better represented in the state senate geographically," he said. "The entirety of western Maryland has been gerrymandered out of fair voting districts and representation and it would be great to see a governor fix this problem."

CENTURY

Continued from PAGE 1

David Shaner, from Hanover, Penn., has participated in the Sea Gull Century ride 10 times. This year he rode the Princess Anne Metric Ride. This year, to reach the event, David rode his bike more than two hundred miles. He participated with a friend, who decided to drive down from Pennsylvania to reach the event, instead of biking down with David. Like many riders in the Seagull Century, David really enjoys the location of the ride.

The Ride Magazine called Sea Gull Century 'one of the prettiest big rides in America' and many riders agreed that one of the highlights was the scenery. Amy Jacobs from Bowie, Maryland, was very excited to see Assateague, during her first time participating this year. She heard about the event through a social group.

"I've heard so many great things about it, that it's got to be a good ride" Amy said.

Organizers of the ride emphasize that it's not a race. Official start time is anywhere between 7 and 9 a.m., though one rider this year started as early as 5:30 a.m. Participants normally cross the finish line between 12:30 and 3 p.m. Many riders praised the relaxed atmosphere of the event. Jill Weisman, from Northern Virginia, rode in the Sea Gull Century for the eighth time this year. She rode the race alone, but says that she met some very nice people along the way.

Amy Waters is the Chair of Sea Gull Century, a position she has held for eight years. She loves the people she gets to meet and all of the volunteers—more than 200—Salisbury University students, and local civic groups.

"All the thanks goes to

This year's youngest rider was Anna Strub, who at 7 years old biked a total of 62 miles. This was her first time participating in Sea Gull Century, and she rode with her parents, Richard and Kelly, who estimate they have ridden 8 or 9 times since their first time participating in 1998.

them." Said Amy, about all of the volunteers. "They pull this off, and make it fun."

In addition to the ride itself, Sea Gull Century holds many events over the course of the weekend. Maggs gym became home to a marketplace full of vendors offering everything from cycling shoes to bike themed jewelry. On Saturday, as cyclists came in to the finish line, the lawn outside Perdue transformed into a block

party, featuring a cover band, food from local restaurants, beer tastings, and other activities for anyone involved.

Many riders, when asked what they enjoy about Sea Gull Century, talked about how fun the rest stops are. The rest stop where riders were served pie and ice cream was a particular favorite.

This year's youngest rider was Anna Strub, who at 7 years old biked a total of 62 miles. This was her first time participating in Sea Gull Century, and she rode with her parents, Richard and Kelly, who estimate they have ridden 8 or 9 times since their first time participating in 1998. After her parents came home from the ride last year, Anna told her parents she wanted to participate too. She has been training to prepare for the event: riding her bike to and from school, and going on 20 or 30 mile biking trips with her parents. Anna liked all of the plants that she got to see along the side of the road as she biked.

The Sea Gull Century is the largest single day tourism event held in Wicomico County. According to the Perdue School of Business the annual economic impact is estimated to be \$2.5 million dollars, impacting restaurants and local shops. Hotels all throughout Salisbury are booked, with riders coming from all over.

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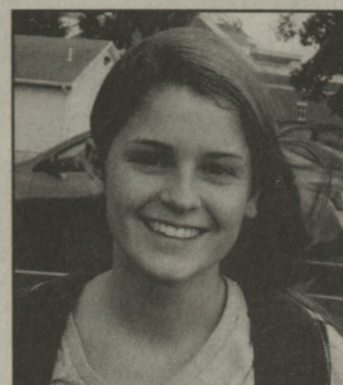
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Overheard: What Homecoming events are you planning to attend?



"The Homecoming game and the tailgating party."
-Dustin Whittles, freshman



"I'm going to the Homecoming game."
-Gabrielle Karolenko, junior



"Whatever my friends want to do."
-Paul Tritter, freshman



"Pep Rally, if I can make it."
-Emily Buck, junior



"Homecoming and the tailgating event."
-Andrew Winwood, freshman

The Flyer

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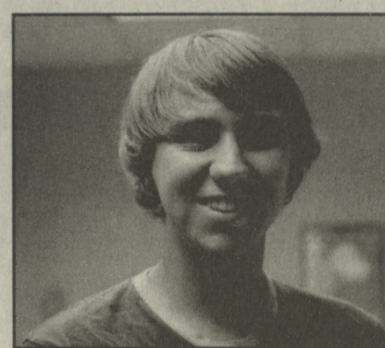
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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

Effects of government shutdown not limited to the public sector



BY STEVEN CENAME
Editorial Editor

If you think the government shutdown only harms the paychecks of federal government employees, you could not be more wrong. On Delmarva, the many signs of the shutdown's effects on the private sector are hard to miss. In Chincoteague, Va., local businesses are already starting to feel a major financial setback due to the national park's closure.

According to wavy.com, a news website dedicated to eastern Virginia, the town of Chincoteague generates nearly \$40 million per year in revenue. The town of 3,000 is kept afloat due to the booming tourism industry that

is very active year round. However, the shutdown is putting a massive dent in the profits of the town's businesses.

"I've had probably \$5,000 to \$6,000 this month in cancellations in the hotel business," said hotel owner Reggie Stubbs.

Hotels are not the only businesses losing money. Restaurants, gas stations and souvenir shops are feeling the hit as well. If they are not feeling

are saying that they have already had many cancellations. Many more cancellations are expected to come, with people choosing to wait until next year's festival if they are unable to get on the beach.

The prospect of the shutdown continuing through the oyster festival has terrified the town's local business owners. Their frustration caused them to turn to the streets to protest, demanding that government officials

they are right.

What is happening in Chincoteague during the shutdown is happening all over the country. Public and private employees are seeing their pocketbooks get smaller and smaller as the shutdown carries on. Since almost half of Congress is composed of millionaires, it is hard for them to see these consequences first-hand.

Many politicians say that they are okay with the government shutdown, with the mindset that the shutdown is only affecting government employees. But, as the case in Chincoteague is showing us, the shutdown has much more widespread consequences.

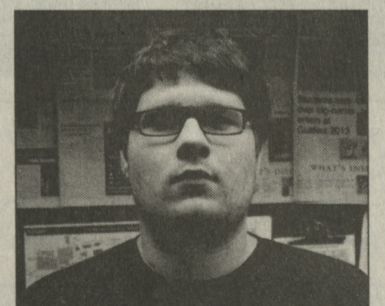
Even during the times when the government is not shut down, many politicians say that the public sector should be substantially weakened because they view the public and private sectors as competing in a zero-sum game, where one must suffer in order for the other to prosper. This is not the case, and the government shutdown is proving this. When the public sector is suffering, the private sector is harmed as well.

"With signs reading 'This is Our Park' and 'Give Us Back Our Beach,' Chincoteague residents and business owners picketed outside of the park, saying that there is no reason that they should suffer because of Congress's incompetence. And they are right."

let them into the park. With signs reading "This is Our Park" and "Give Us Back Our Beach," Chincoteague residents and business owners picketed outside of the park, saying that there is no reason that they should suffer because of Congress's incompetence. And

let them into the park. With signs reading "This is Our Park" and "Give Us Back Our Beach," Chincoteague residents and business owners picketed outside of the park, saying that there is no reason that they should suffer because of Congress's incompetence. And

Why don't we just go to events?



BY MICHAEL FLACK
Staff Writer

Salisbury University, like most college campuses, has events every day that students can go to.

Sometimes they have games for

people to play, while others are more informative. For some reason though, actually getting people to attend events has been a problem here at SU.

In theory, people should really want to go to events. They can be very informative and a lot of fun too, but despite that people just will not go. I'm sure that SU is trying to find a way get more people. I think that I have a solution. A solution that is somewhat obvious that I am sure a lot of people have thought of.

My solution is simple, free stuff.

Now think about how much more often people come to events when

they give out a free T-shirt. It is a lot more. Whenever an event gives out something free like a T-shirt or even food people are just more likely to come. If people actually come to events they usually have a very good time, and usually even learn something or end up joining an organization. Students should go to events but most people do not unless there is something free.

The major problem with this idea is that most clubs and people that throw events cannot afford to give out free stuff at every single event. For the most part no organization has that kind of budget. They could

maybe try giving out free finger food. Food would draw more people. Maybe not as much, but it would be much cheaper than free shirts. Also, if just a little more people came it would spread the word about events and how they are actually worth going to.

Word of mouth can go a long way. If some people start going they could possibly get their friends to start going to events too. You can start going to events and tell your friends that they are not bad like they think they are, and that they are definitely worth going to. So please spread the word and just go to events.

CORRECTION:

In the October 1, 2013 edition of The Flyer in the article "Obamacare set to launch on time despite threat of shutdown," it was stated that "Since nobody expects a massive rush to sign up for the exchanges on day one, it is unlikely to hamper the health exchanges."

Even though this was a prediction instead of a statement of facts, the prediction turned out to be a very inaccurate one. It turned out that on October 1, the first day the exchanges opened, there was indeed a massive rush to sign up for the exchanges.

These rushes caused the health exchange websites in many states to crash or run very slowly. It is unknown what effects the government shutdown may have had on the ability of the exchanges to serve the many customers in a timely manner.



OUR VIEW

Salisbury University should allow drinking at tailgating events

Homecoming week. Those two words probably make the average person, at least at Salisbury University, think about high school rather than college.

Homecoming was a big deal in most high schools. When school began, most people were already thinking about who they wanted to bring to the second biggest dance of the year. In college, it's hard to get people to even care about homecoming.

It's easy to see why. At SU, the powers that be have banned alcohol at the pregame tailgating before the homecoming football game. The one event that most people look forward to during college homecoming week is being hijacked by the buzz-killing prohibitionists encroaching on our 21st amendment rights.

This may seem like a reasonable policy at first. The obvious intent of this rule is to make sure things go smoothly at the event by avoiding any possible drunken escapades that may be caused by a group of intoxicated persons.

However, at most tailgates before professional football and baseball games, almost all college-aged kids in attendance know how to drink responsibly and are able to enjoy the game without bothering anybody. If a student wants a Natty

Boh to wash down their hot dog before the SU homecoming game, what is the problem with that if they are legally allowed to do so?

Other schools in Maryland, with larger student bodies, allow alcohol at their tailgating festivities. According to the school's website, University of Maryland - College Park's tailgating policies allow students of age to have pregame drinks. Towson University also allows all students 21 and over to drink while tailgating before football games, as long as they do it responsibly. Even Johns Hopkins University, which is not commonly labeled as a party school, allows their students to drink beer and tailgate simultaneously. There is no reason why SU should have a different policy.

What the issue comes down to is trust. The University does not trust its students to be able to behave themselves in a public setting. While this lack of trust may not be entirely unfounded based on past events, tailgating is a very different scenario than a party.

War on the Shore quickly escalated out of control through a combination of the stupidity of a few students and the over-reaction of the police on the entire group.

The issue caused during the block party on Hazel Avenue stemmed from the close proximity of rowdy students and displeased locals. Since tailgating would occur on school property, the risk of students and angry Salisburyans mingling is eliminated.

The problem is that for most social events, the students do not have a place to drink where the risks of provoking reaction from the Salisbury Police and enraging local residents are not present. However, for the few social events where students are provided with a safe place to drink, there have not been any problems. An example of this occurred just last week, when the German Club's Oktoberfest turned out to be a great success, where students were allowed to have a couple of beers in the safety of Fulton Lawn.

If the university gave students and safe place to tailgate that was away from residential areas, and SU students could find it in their drunken hearts to not antagonize the police, then trust could be restored and Homecoming, and many other sporting events, could become fun social occasions again.

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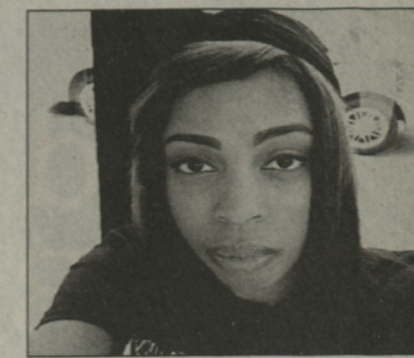
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Domestic violence from a male perspective



BY AJIA ALLEN
Staff Writer

Every nine seconds in the United States a woman is beaten or assaulted.

That statistic from domesticviolencesolutions.org is enough information to give any mentally balanced person pause. It even lends to the supposition that the victim in a domestic violence case is always the woman.

The issue has recently surfaced in devastating events affecting the Salisbury University community. When asked, male college students seemed to correspondingly attribute victimization to the women.

"Domestic violence can affect both men and women but I definitely think it affects women more than men," said senior Michael Jeffery, member of Sigma Tau Gamma. "Just because I think men think they have this unheard of power over women, and it's absolutely wrong."

The issue is all inclusive, though. Domestic violence hurts women, men and the extended families surrounded by the issue. That means that though women are typically the object of abuse from their partners, male or female, men are victims of domestic abuse too.

Nonetheless, women tend to be the faces behind the fist, and in many heart-wrenching tales, behind the pistol. So, domestic violence is not a halting concern for men because of that.

If it doesn't affect you, why care about it?

Coye Gerald, a supporting member of the Women in Leadership student organization, believes relationships are supposed to be a framework for showing care and mutual respect. If otherwise wouldn't be a "relationship," but a hierarchy between master and servant.

Candidate for governor and current attorney general Doug Gansler fought a campaign against domestic violence during his time in his current position.

"I started the first domestic violence docket in Montgomery County history," Gansler said. "The reason why I did it was because domestic violence victims were (being) criminalized again when they were coming into the system."

Gansler said he was not familiar with the domestic abuse world prior to obtaining his political office and he wanted to do something to intervene. He noticed the irony in domestic abuse situations for the victims.

"It's scary," he said. "The person who purportedly loves them the most is making their life miserable."

The trauma caused by domestic abuse is psychological as well as physical. The former is usually more long term than the latter.

Previous victims immediately generalize the entire group from which their attacker came causing hesitation in the harmony between men and women and those in same-sex couples. The effects of this major issue are far reaching.

"I can't see a situation where domestic violence would be acceptable," philosophy major Malcolm Clark said. "It's just one of those things where there's nothing good about it."

Abuse is all-inclusive of whatever may be used for harmful intent and the word "violence" in the title of the issue should not confuse the line between what is passion versus what is absolutely unacceptable in a romantic relationship.

Jeffery said he thinks the willingness to be the abuser in an abusive relationship starts at a young age with the way to prevention being to start educating children about the dangers of domestic violence during their formative years.

"We need to make certain policies to teach our children in school about what domestic violence is," Jeffery said. "A lot of domestic violence starts when children are younger and their parents weren't nice to them."

Even with the pre-school teaching that hitting is wrong in some societies, and the adult understanding that inflicting abuse warrants consequences, domestic violence rages on in households throughout the world.

According to the statistics, women are usually the targets. Can men as a whole ever understand the transforming reality of domestic violence and its perpetuation of oppressive power?

Food For The Broke

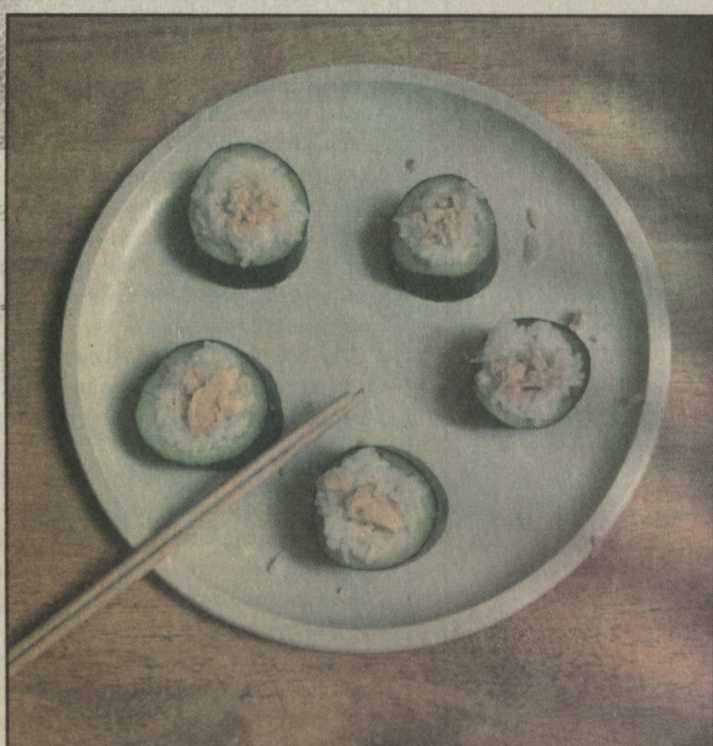
BY AMANDA BIEDERMAN
Gull Life Editor

I set off last weekend on a quest to find all the ingredients for a perfect sushi roll. Unfortunately, the Giant at Salisbury is not known for its availability of Japanese cuisine. To make authentic sushi, I would need to be able to find sheets of nori seaweed, short-grain sushi rice and, of course, raw fish that I could eat without worrying about getting sick. So instead, I decided to use the ingredients I could find to make my own, college-friendly version of the dish. If you're a sushi snob, this recipe probably isn't for you. Instead of wrapping seaweed around the ingredients, I cut out a slice of cucumber and filled it with rice and fish. I created my own sticky rice from an ehow.com recipe. I was convinced that it would never stay together, but it actually turned out perfect. I used salmon from a Chicken of the Sea instant packet, but you can add whatever combination of fish and vegetables that you like. Don't be afraid to experiment with different types of sauces and spices as well.

Cucumber Sushi
Serving Size: 3
Cost per Serving: \$1
Cook/Prep Time: 25 min

Ingredients: 1 cucumber, 1/2 cup white jasmine rice, 1/4 cup white vinegar, 1/4 cup white sugar, 2 tbsp canned salmon

Directions:
1. Heat rice with 1 cup water until it comes to a hard boil. Adjust temperature to low, and let simmer covered for 10 minutes (or until water is absorbed)
2. Add sugar and vinegar. Stir, then let cool.
3. While the rice is cooling, chop up cucumber into seven to nine slices (each about 3/4 inch thick). Carefully cut out the center.
4. Scoop up rice and fill center of cucumber until it's full enough that it won't fall out. Let sit for about 1 min.
5. Scoop out part of the rice and fill with fish or more veggies.



Amanda Biederman photo
This college-friendly twist on a sophisticated cuisine favorite is healthy, delicious and easy to make.



Amanda Biederman photo
For a sushi dessert, try this candy recipe: Wrap a piece of fruit by the foot around a marshmallow, and stick a Swedish fish candy inside.

CAMPUS CHIC

Trendy Rebellion



Kara Kinnamon photo
(Left) Junior Katie Gutoskey shows how white after Labor Day is done right on campus. (Right) Senior Maci Wallace not only pairs navy and black well, but demonstrates a great night-out look for fall and winter.

BY KARA KINNAMON
Fashion Columnist

It's an old saying, "Rules are meant to be broken."

But I couldn't have found it any truer than in the world of fashion. As with all creative outlets, rebels are inevitable. They are the individuals who cause change and create movements. So grab that risqué, dusty garment hiding in the back of your closet and get ready to shake up campus like Miley Cyrus on a wrecking ball as I guide you through the fashion rules TO break this season.

As I addressed in my second article "How to wear white after Labor Day," there are so many outdated fashion don'ts that discourage people from taking risks with their look and therefore limit their freedom of expression. Although I am not the bravest when it comes to personal style, I encourage our campus, myself included, to try new things and switch up our look. So ignore that murmur in your head that takes on the voice of a 70-year-old southern housewife and challenge yourself to break the following fashion rules.

There are countless color combinations that have been banished from our minds as even a remote possibility. But the past couple of seasons have shown how to successfully color block as well as simply mix those forbidden shades: Black and Brown. People say these traditional colors can't be

shared in a look because they are two separate, basic-neutrals forming the basis of numerous outfits. But I am fairly sure most of us have found a way to overcome this particular myth. Hello, leggings and

Although I am not the bravest when it comes to personal style, I encourage our campus, myself included, to try new things and switch up our look. So ignore that murmur in your head that takes on the voice of a 70-year-old southern housewife and challenge yourself to break the following fashion rules.

riding boots. This is one of the most infamous fall fashion trends on campus. But don't cut your rebellion short there. Mixing black and brown throughout your outfit can be both boho and glam.

Black and Navy. Depending on the shade, these colors are sometimes hard to differentiate causing some people to avoid their mixing. But stark enough in any outfit, this duo can come off professional and warm. Navy and black stripes are often a great choice whether in a shirt, skirt or dress. Adding navy to a black outfit can also serve as an alternative to achieving a slimming look.

Red and Pink. This was one I stood by for a while. However, fear is derived from the unknown, so

learning how to make this color-combo work is necessary. My favorite event to showcase this fusion is of course Valentine's Day. I used to think this was the only time it was forgivable. But color blocking has transformed the way people pair items, and so it's a green light for pink and red all year long. Go for a pink sweater and red skirt. Or test the waters with red pants, a cream top, and a pink scarf. Mixing Metals. This goes along with color combos but for the jewelry department. You always hear of people separating their golds and silvers or affiliating with one metal their entire lives. But that is completely unnecessary. Gold, silver and every metal in between can complement each other whether it's from rings to earrings or stacking bracelets.

Clashing Patterns. This one is difficult to outline. When combining diverse patterns, you just have to feel right about it. If it feels wrong you may just be uncomfortable with it and your feelings are telling you something. I have a hard time with this rule and greatly applaud those brave enough to make it work. I suggest starting out small and clashing a bright print shoe with a subtle print top.

More is More. It may not work for Charmin, but in fashion today the gaudier the better. Apply this to everything from jewelry to sequins. As Oscar Wilde says, "You can never be overdressed or overeducated."

Mediterranean Grill reopens doors

BY ADEDOYIN JUNAID
Staff Writer

The Mediterranean Grill has once again opened up its doors to the Salisbury community, particularly the adventurous ones seeking cultural enrichment.

"Their food was always on point; my favorite part was the bread. I could eat the bread forever and still want more."

- Mariam Ogunsanya, former SU student

A restaurant whose foundation is heavily based on culture and family ties is one of the many options available to any hungry student walking along Rt. 13.

Although the Mediterranean Grill was away for a year due to personal reasons, Rahim Daneshpour decided to open it up again to general public. Daneshpour, who has been in the restaurant business for 30 years, said he missed it.

Having a restaurant encompasses mutual love and respect with the customers, fresh home-cooked meals in Mediterranean and Iranian cuisine and low prices, Daneshpour said he received support and many good reviews upon reopening the restaurant.

"Upon arriving at the restaurant, one can always expect warm wel-

comes and delicious food," said Daneshpour's daughter Sara, who is an SU student.

Sara said her father modeled the restaurant after one that he owned in Washington, D.C. for over 10 years. Living in Salisbury provided the family an opportunity to bring along a part of their old life.

However, this was not without change.

"Since reopening, however, we have done some changing as far as ambiance goes," she said. "There is softer lighting and booths put in order for customers to have a more private space while enjoying their food."

The restaurant boasts its superior customer service as a main attraction.

"As far as service, it is always fast and everything is freshly-made or made from scratch, even our tandoori bread," Sara said.

Former SU student Mariam Ogunsanya reminisced on her love for the restaurant's cuisine, which she frequented when it was known as the Tuscan Grill.

"Their food was always on point; my favorite part was the bread," Ogunsanya said. "I could eat the bread forever and still want more."

Ogunsanya said the restaurant was a cultural getaway while she was in college during the Islamic month of Ramadan, a traditional religious practice in which she refrains from eating during the day.

"The Mediterranean Grill was a place where I went to break my fast away from home," she said. "They are very hospitable people and it's a warm atmosphere."

Are You Missing Out?

Job fairs can help students gain essential future career skills

BY IMOLEAYO ALABI
Staff Writer

Over the past couple of weeks, several e-mails regarding job fairs have been sent out to every Salisbury University student.

Many students may have simply deleted or skipped over these e-mails, viewing them as unimportant, but according to a large number of SU students and faculty members, these job-fairs are just what every college student needs.

"Absolutely everyone needs to get as much practice at meeting and networking as they possibly can, SU's job fairs offer the shortest distance from here to a real internship, a legitimate interview, and potentially a permanent position," SU Accounting Professor Robert Garner said. In 2012, 8.3 percent of college graduates were unemployed, according to the Bureau of Labor Statistics. The report also states that on average, it takes college graduates three to nine months to land a job.

Just about every college student complains about not having a job or how hard it is to find one, which is why attending these job fairs is a necessity and can be a breakthrough in one's college career.

SU junior Jan Villano said he decided on a major and career after attending a job fair. He still remembers the job fair that helped him to do so.

"During an exercise science job fair, I had some pretty in-depth conversations with physical therapy representatives and these conversations ultimately influenced me to pursue a career in the exercise science field," Villano said.

The job fairs at SU give students of all majors, even those who are undecided, the opportunity to truly talk to a variety of employers and employees of different companies, located all around the country.

Students can hear about what each company does, as well as ask the representatives of each company questions about their business. In addition, students can give employers their resume and contact information as a way of putting their names out there in the job-world.

"The networking opportunities and experiences that these job fairs offer to the students are essential to success," said sophomore Chris Humberger.

So be on the look-out for the next job fair. Who knows? Maybe you will find your dream job.

CRU members explore faith on retreat

BY REDMOND HOWARD
Staff Writer

Members of Salisbury University's Campus Crusade for Christ spent the weekend at Camp Pecometh, where they participated in activities and learned more about the Christian faith.

CRU President Luke Sohl, described the retreat as the biggest fall retreat ever, noting that 30 more students attended than the previous year.

Club member and MC Sam Brooks defined CRU as "a place for people who are learning about God and can find people that they can talk to about heard topics, hard conversations and lead life with Christ."

Upon arrival, CRU students and staff took the opportunity to learn about character from Pastor David Bullard, who preaches sermons at

Bayshore Community Church in Delaware. Other activities included social events, as well as performances by the CRU band near a beach area. The CRU band consists of members Burt Tabert, Luke Bachelor, JJ Remo, Carolyn Stolte and Kyle Rollyson.

After participating in two seminars including topics on Evangelism and Discipleship, CRU students had the opportunity to socialize in a kickball tournament, volleyball games, ping pong, walks around the campground, relaxation at the pier and a bonfire in the evening.

Part-time CRU field staff employer Christian Tauler said the event was a cool way to serve the ministry, meet people, study the Bible, and have fun. Tauler has been involved with the fall retreat since 2010.

Men's ministry leader and Andy

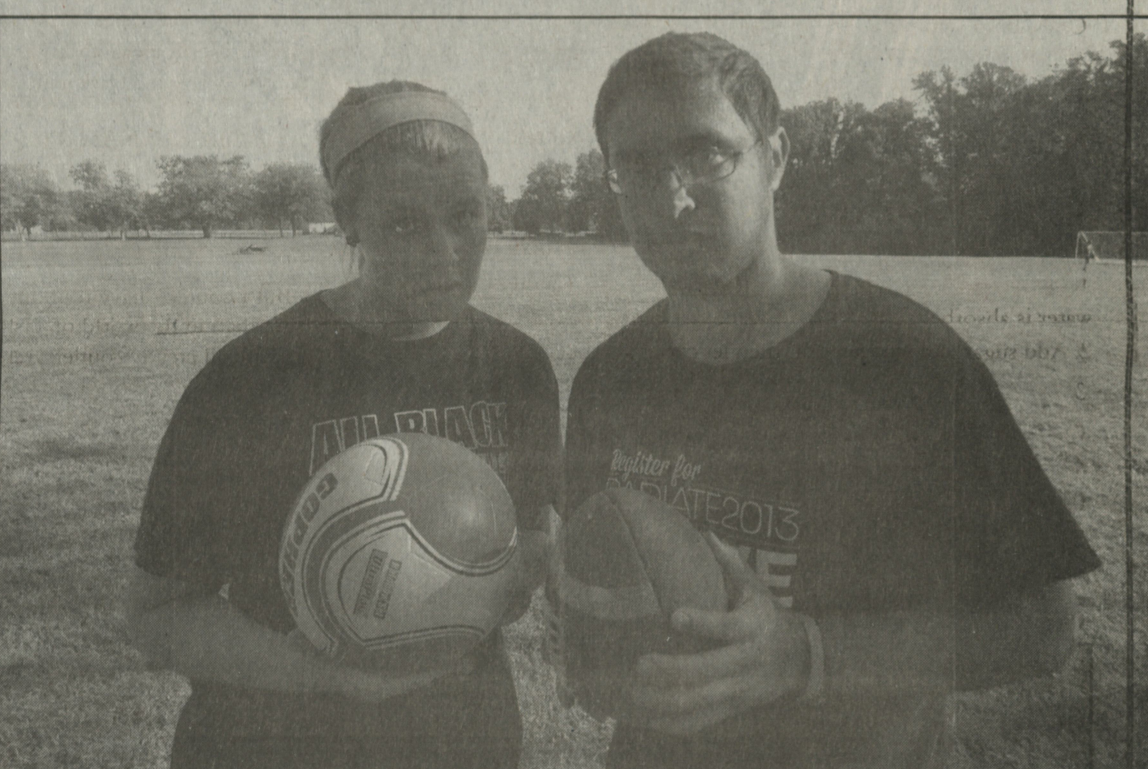
Smith said the experience was a great opportunity for him to grow in his faith, learn to serve others and gain experience.

CRU member Olivia Bankard said the experience helped her feel God's presence, and moved people's hearts and minds.

"When we focus on him, it takes on burdens and gives us freedom," Bankard said.

CRU member Rebecca Hardy said she recommends the fall retreat to SU students because it provides off-campus opportunities to build new friendships and encourage a stronger community within CRU.

"It allows students to escape from their everyday routines, campus to refresh their mind, rejuvenate their spirits and grow in their personal relationship with God," Hardy said.



Redmond Howard photo
(Top) Emily Benz, Kirsten Hankins, Grace Kneebone, Kate Norman, Elizabeth Philips and Rachel Bennett (Bottom) Sam Kherdeen and Abbey Detroye

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ADVERTISE WITH THE FLYER

Men's soccer wins in shut out

BY AMY MCFARLAND
Sports Editor

The Salisbury University men's soccer team notched its eighth shut-out of the season and second conference victory on Saturday after facing Penn State University-Harrisburg for the first time.

While the Sea Gulls (9-2, 2-0) didn't know what to expect when hosting Harrisburg, they breezed past the Lions for a 3-0 victory.

Salisbury wasted no time making an early attack on its new opponent, as junior midfielder Stephen Poorman took a cross from junior forward Tanner East and shot a goal just 10 minutes into the game, making his third goal of the season.

"We didn't know much about this team, so it was good to jump on them early," Poorman said.

The Lions would attempt to rebound in the first half, but the SU defense would not allow any comeback. Junior captain Kyle Westbrook led the defense and only allowed two shots, neither on goal. Sophomore goalkeeper Drew Staedeli played a strong first half, blocking

six cross attempts by Harrisburg.

"It was just like any other game, we've just got to go out there and play to the best of our ability to get the results we want," Staedeli said.

The Gulls would find the results they wanted in the second half after leaving the 1-0 lead sit until half-time. Harrisburg continued to push for a point, but Salisbury found its rhythm and capitalized on offensive plays.

Sophomore midfielder Chris Kittelberger netted the second goal of the game and of his season in the 53rd minute for a 2-0 SU lead. Kittelberger headed the ball right over Harrisburg's goalkeeper after a cross from sophomore forward Taylor Groginski.

The Lions tried to hold up against SU's continued pressure, but would remain unsuccessful as junior forward Matt Greene made a run and took on the Harrisburg goalkeeper one-on-one. Greene steered the ball around his opponent for an unassisted point and Salisbury's third and final goal.

With 25 shots, 14 of them on goal, SU found its second confer-

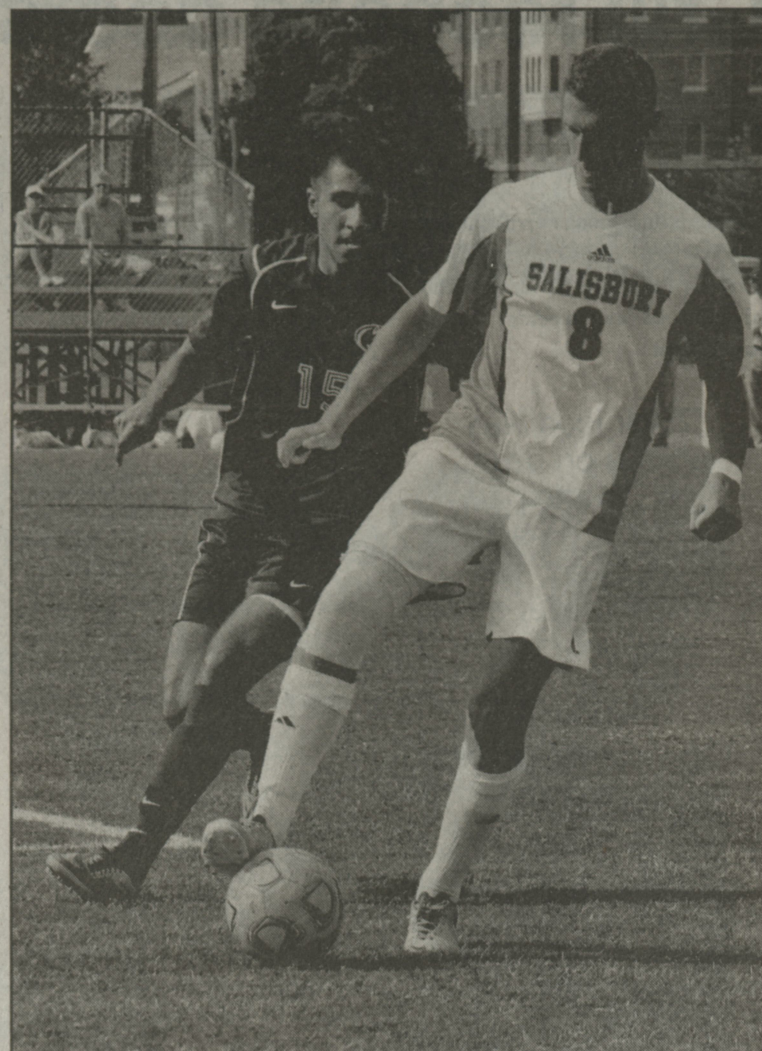
ence victory of the season and a well-earned 3-0 shutout. Head coach Gerry DiBartolo said that while the Gulls were able to take more opportunities in the second half, there is still much to work on with three back-to-back away games.

"I think that our first touch on the ball wasn't too good, it got away from us too much," DiBartolo said. "I think that for a good bit of the game we were taking too long to make decisions, so we told them to think and play quicker."

As Salisbury advances into more conference games, Staedeli is optimistic about getting back on a winning streak with his team after two back-to-back losses in September.

"It's a different mentality this year," Staedeli said. "As soon as we lost some games last year we kind of fell broke down a little bit, but it's the heart that we have this year that makes us come back from those losses."

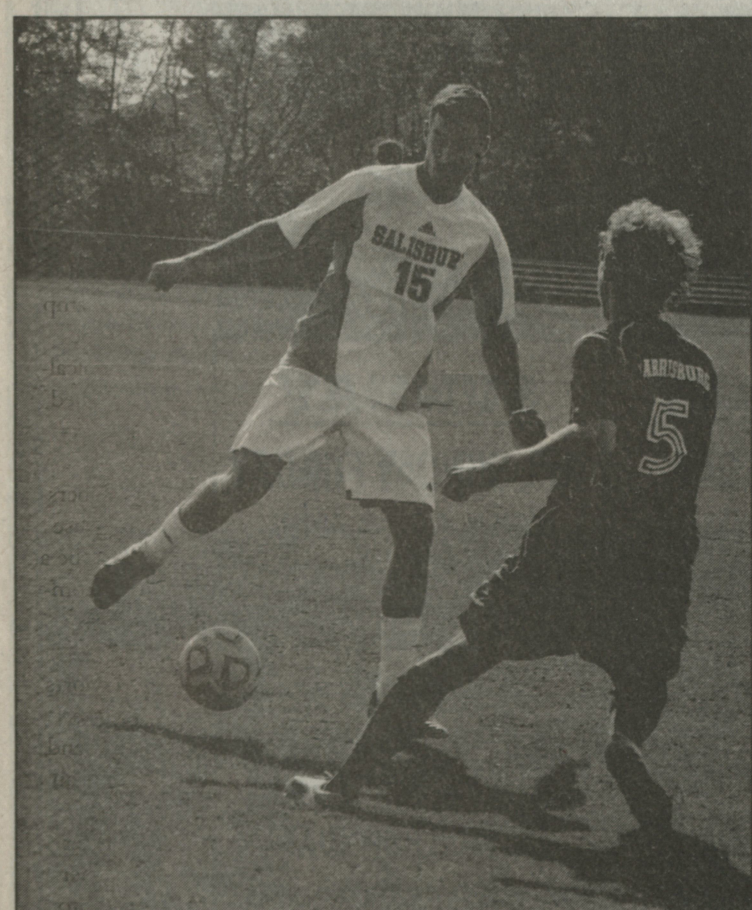
Salisbury will travel to Mary Washington University on Wednesday for its third conference game at 4 p.m.



Shannon Watts Photo
Senior Trevor Sharpe works to keep the ball away from a Penn State, Harrisburg defender in their Saturday game.



Shannon Watts Photo
Senior Jake Perry dribbles the ball down the field against Penn State, Harrisburg defenders in their Saturday game.



Shannon Watts Photo
(Right) Senior Jake Perry kicks the ball down the field against a Penn State, Harrisburg defender in their Saturday game.
(Left) Freshman Nicholas McCrea dribbles the ball down the sidelines against a Penn State, Harrisburg defender in their Saturday game.



Nutrition for the Athlete

How eating right helps maintain energy for a busy college schedule

BY STEPHEN CORBIN
Staff Writer

While students at Salisbury University may have a heavy schedule with tasks such as work, class and practice, good nutrition is a fundamental element of keeping their energy consistent and maintaining success throughout the day.

Student-athlete Stacey Lamboni, 22, of Salisbury, Md. said it's not always easy keeping up with nutrition, but it's worth it in order to keep up with the day. As a senior captain of the Salisbury field hockey team, Lamboni finds it important to eat healthy.

Lamboni said she stays away from the sweets and sodas during the season with the occasional splurge. Lamboni said head coach Dawn Chamberlin tells her players to consume a lot of carbs before game day for energy purposes.

"Coach likes to make sure the team is hydrated and to carb up before a game," Lamboni said.

In the past, Lamboni said she has started games slowly due to eating sweets before, but ended up sweating it out. Lamboni admitted that during weekends she can eat unhealthy because she has Sundays off from field hockey.

The field hockey team also tailgates after their games on Saturdays where the athlete's family will bring a variety of food for the team to eat together.

"The best part of my diet is nutella on the go, that is my go-to snack," Lamboni said.

Lamboni recommends athletes to always stay hydrated and never skip meals.

Lamboni said the field hockey team has pasta dinner on Friday nights before their game on Saturday as a ritual, which keeps her motivated to eat healthy every week.

"Nutrition affects my everyday life because if I don't eat healthy I will be tired all the time, so I like to eat snacks in between my three main meals for the day," Lamboni said.

Lamboni said the Sea Gulls would not be as successful winning games if they didn't maintain good nutrition.

"Maintaining a job, going to school full-time, and playing college sports is tough to manage sometimes," Lamboni said. "Without good nutrition, I wouldn't have the energy to make it every day."

Sharks rugby dominates Johns Hopkins in the home opener

BY MITCHELL NORTHAM
Staff Writer

In its first home game since winning the 2013 National Championship, the Salisbury University men's club rugby team thrashed Johns Hopkins University 88-12.

The Sharks improved to 3-0 with the win over Johns Hopkins, after a 79-14 win away at University of Maryland Baltimore College and a forfeit by George Washington.

"We knew going into the game that it was going to be more of a warm-up game, which was good because we got a bunch of our B-side guys in; guys that usually don't get playing time got some quality time today."

- Ethan Reese, senior

The game started off with the Sharks going up 7-0 after pushing Johns Hopkins back into their own try zone. The Sharks then went on to score 71 unanswered points until Johns Hopkins finally got on the board late in the second half with a penalty try.

But senior Ethan Reese said these games are still important because everyone gets to see quality playing time.

"We knew going into the game that it was going to be more of a warm-up game, which was good because we got a bunch of our B-side guys in; guys that usually don't get playing time got some quality time today," Reese said.

Senior David Burnett further explained why a blowout win like this is also important.

"It gives us a chance to perfect the little things we've been working on in practice," Burnett said. "We really wanted to stress defense and not give up that many points and we did that today."

In October, temperatures of ninety degrees aren't expected, but that's what the Sharks had to endure on Saturday. Reese believed that the heat actually played into the Sharks' favor.

"I think it impacted both teams but it probably favored us a little more," Reese said. "Our coach really runs us and we're in damn good shape."

The Sharks next game is at home on Oct. 12 against Georgetown University at 4:30pm. The Hoyas are also 3-0 coming off a close 24-22 win against Towson and pose a formidable challenge to the Sharks' unbeaten record.

"It's going to be a good game," Burnett said. "We'll be looking for high intensity. We have to step up and keep doing what we're doing in practice."

The Sharks will also receive their 2013 National Championship rings at a ceremony at 10:30 in Holloway Hall on Oct. 12.



Mitchell Northam photo
Men's rugby players push forward against Johns Hopkins players.



Mitchell Northam photo
A Salisbury player helps his teammate defend against a Hopkins attack.



Mitchell Northam photo
Players from both teams leap into action during the game on Saturday.

Does dancing count as a sport at SU?

BY ASHLEY MARTIN
Staff Writer

Salisbury University junior and dance minor Lisa Redmond walks into Maggs' front entrance Monday afternoon, carrying her leotard and ballet shoes in an all black backpack. She waits her turn in line to key in her gull card behind two guys dressed in muscle T-shirts, carrying water jugs in their hands.

After passing through the gate, she turns left as the two guys steer to the right of the gym toward the weight room. She enters the room with the mirror-plastered walls and takes her things out of her bag. Professor Norton starts the ballet class with a warm-up on the ballet bars. Redmond extends her right arm, keeps her left arm on the bar, bends her knees and inhales sharply after each count. Just a few feet away, grunts can be heard from the weight room as lifters push through each rep.

The debate isn't new to the sports world. With the amount of physicality involved in dance, the question of whether it should be classified as a sport isn't foreign. SU dancers like Redmond enter Maggs gym with many other athletes not only to dance in the studio, but also to train in the weight room and exercise on the equipment upstairs. Redmond said

to keep her endurance during a performance or competition, she has to strength train and work on cardio.

"(Dancers) need cardiovascular endurance, physical strength, and everything else an athlete needs to perform or play," Redmond said. "We just use ours in a different way."

Another aspect to dance similar to sports is the competition. Redmond said she started dancing when she was three years old and has competed since she was nine. In high school, she spent hours after school with her teammates, practicing for the next competition. Redmond said missing the dance practice would mean setting the whole team back in preparation to compete.

"Just like with any other team sport, when you miss a practice, it could hurt the team when it came to competition day," Redmond said.

On off-competition days, Redmond said it's important for dancers to get as much rest as possible to help avoid injuries. Injuries in dance, whether major or minor, could prevent the performer from competing weeks to months at a time. SU senior and UnTouchables dance team member Amanda Jones said during one of her performances, she went for a leap and landed the wrong way in her point shoes, breaking all of her toes on one foot.

"When you dance competitively, you have to keep going no matter what," Jones said. "So I had to finish the dance with broken toes and went straight to the hospital after the performance."

Although she is no longer a dance competitor, UnTouchables being a non-competitive team, she still remembers the intense competitive spirit.

"There's very little time for recovery if you still want to compete. Even after my toe injury, I was back to competing again in two weeks," Jones said.

Despite the similarities between athlete and dancers, some SU dancers still would not consider dance as a sport. Another UnTouchables member, senior Mike Townsend said he has been dancing most of his life, and even though it takes a lot of physical strength and training to do the be-boy form of dance he does, he believes dance has always been an art. "You can't call what we do a sport," Townsend said. "There's too much free expression. We can get on stage and make our bodies express whatever we want them to."

UnTouchables public relations operator and senior Katlyn Horstkamp said there's no real answer to the question on whether dance should be considered a sport.

"If you want to think logically, dance can be

competitive, you've got to have the physical prowess just like any other sport," Horstkamp said. "I'm on the fence about it however because with dance, there's no specific technicality or structure to it. It can be choreographed, yes, but you can't teach someone how to express emotion."

Redmond disagreed with her team members and said dance is a sport because dancers use just the same amount of muscles that maybe a football or volleyball player uses and the competitive drive, that makes a sport a sport, is well alive in the dance world.

"Dance is an art form that resembles sports in a lot of ways," Redmond said. "What we have to put our mind and bodies through and the amount of training, it takes the will of an athlete to do what we do."

Lisa Redmond gathers her dance bag after the ballet class she's taking to strengthen her skills as a hip-hop dancer. She walks out into the hall, wraps a towel around her neck and takes an end of it to wipe her forehead. Another muscle clad guy walks out of the weight room with a towel draped over his shoulders. He pushes the door open and lets her walk through first. As they both exit the gym together, she looks up at him and says, "Woo, did some damage today. What about you?"

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Include your full name and year.

Athlete Spotlight: Kirby Buttry



SU Athletics Photo

BY ASHLEY MARTIN
Staff Writer

Hometown: Gaithersburg, Md.

Year: Junior

Position: Middle hitter

Began playing volleyball: 9 years ago, also played basketball and soccer.

Favorite part about being a student athlete: It keeps her busy.

Favorite part about Salisbury University volleyball: The friendships she has made.

Favorite volleyball moment: Going to Nationals

with her team last year.

Inspiration: Her teammates. Buttry said they keep her positive and motivated. "I know that they are doing their best so that inspires me to do my best as well."

Favorite quote: "God grant me the serenity to accept the things I cannot change. Courage to change the things I can and the wisdom to know the difference."

Head Coach Justin Turco's thoughts: "She's in control of her emotions. She never gets too high when we're rolling and doesn't get too low if we make a few errors."



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